



# Winchester Cannons Rugby Club



## HS RUGBY CLINICS

No Experience Needed

A unique sport for every size, shape, and fitness level with endless benefits!

Learn basic rugby skills and become a member of the team.

**REGISTER NOW**



Head Coach: Anna Moffett-Thompson



### WHAT TO EXPECT

- Ball-handling and passing development
- Evasive running drills
- Defensive skills
- Non-contact rugby games

**11 AM TO 1 PM  
SATURDAYS 29 OCT - 19 NOV**

Tiger Field @ Sherando Park  
255 Lakeview Circle, Stephens City



[winchestercannonsrugby@gmail.com](mailto:winchestercannonsrugby@gmail.com)



540-539-2900



[www.winchestercannonsrugby.com](http://www.winchestercannonsrugby.com)